

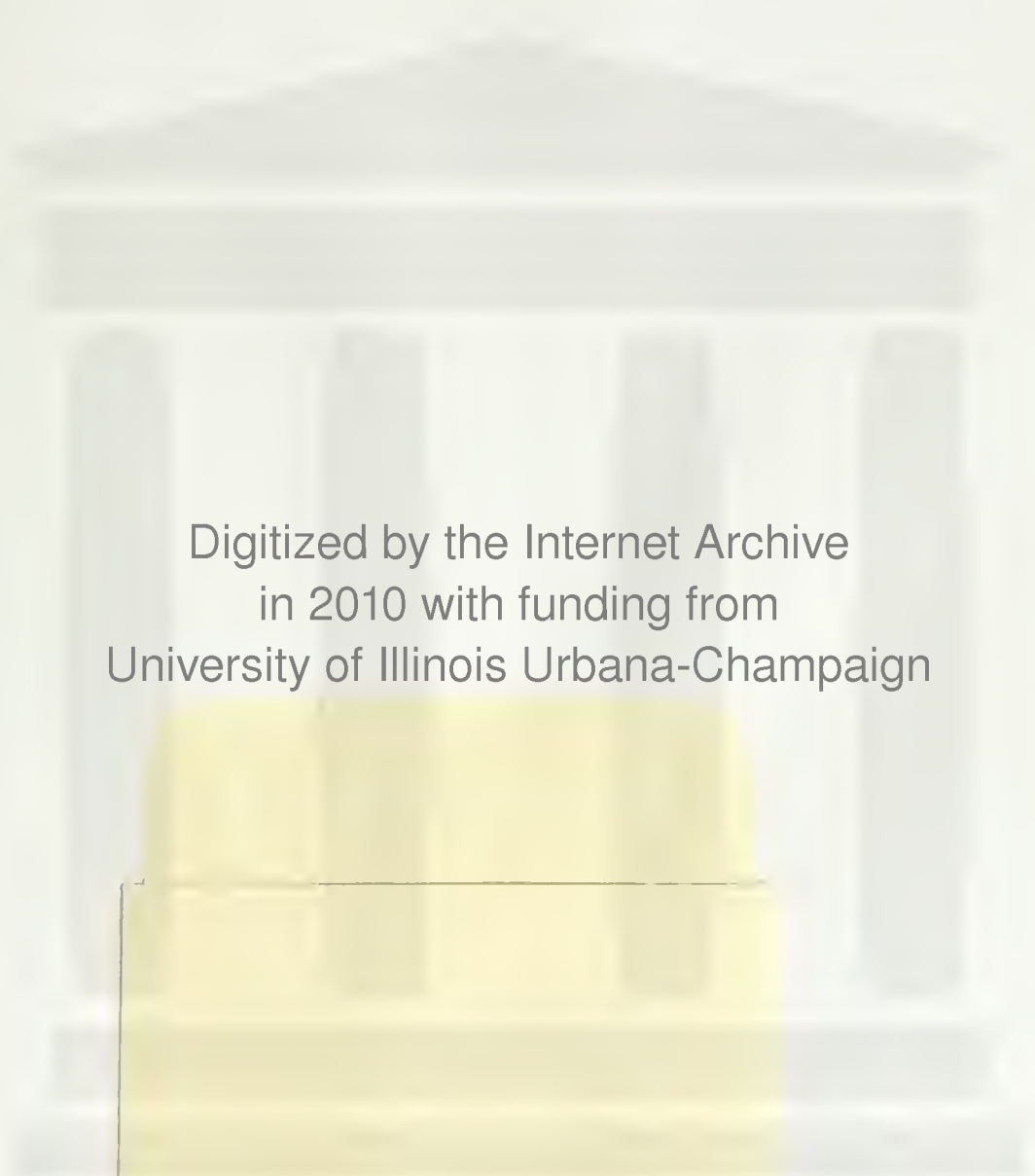
LIBRARY  
OF THE  
UNIVERSITY  
OF ILLINOIS

016.7114

C73e

no. 250-256

CITY PLANNING AND  
LANDSCAPE ARCHITECTURE



Digitized by the Internet Archive  
in 2010 with funding from  
University of Illinois Urbana-Champaign

<http://www.archive.org/details/environmentalcha254snyd>







January 1972

254

---

**THE ENVIRONMENTAL CHALLENGE AND THE AGING INDIVIDUAL**

Lorraine Hiatt Snyder  
Department of Design and Environmental Analysis  
New York State College of Human Ecology  
Cornell University

JAN 18 1972

Mrs. Mary Vance, Editor  
Post Office Box 229  
Monticello, Illinois 61856





THE ENVIRONMENTAL CHALLENGE  
AND THE AGING INDIVIDUAL

Lorraine Hiatt Snyder  
Department of Design and  
Environmental Analysis  
New York State College of Human Ecology  
Cornell University

INTRODUCTION

As the result of a nationwide ecological thrust and books such as Hall's Hidden Dimension or Sommer's Personal Space, many researchers and policy makers have turned their eyes inward to focus on the near environment and its relation to its inhabitants. We haven't witnessed an equal surge of national interest in the topic of aging, but the elderly may yet come to their own glory with the advent of the White House Conference on Aging. The purpose of this paper is to consider two basic questions:

What do we know about the elderly which may affect their activities within their physical environment or their interpretation of their setting?

What facts can we document about the role of the environment in shaping the lives of elderly persons?

We have directed the paper at three groups of individuals: those interested in designing, who desire more information about their clients; those planning environments, who would like to be cognizant of various research findings; and those new students of gerontological or environmental research, who are interested in a capsulized presentation of current research.

In order to complete this paper within the confines of time, we may have purposely or inadvertently omitted some research. Often we have made the decision to select the most recent reference

on a topic rather than trace its development through "history". In other cases, the basic article has provided the most thorough treatment of a particular issue. The information provided and references used have been selected to respond to the topic at hand; they do not exhaust the topic.

The paper is divided into the following sections:

- I. Changes Associated With Aging
  - A. Self-Concepts and Self-Reliance
  - B. Sensory and Perceptual Deficits
  - C. Space and Interpersonal Relationships
  - D. Needs in Relation to Housing and Environmental Planning
- II. Contemporary Research on the Effects of the Physical Setting on the Aging Individual
  - A. Age Composition of Neighborhoods for the Elderly
  - B. Effects of the Near Environment on Morale
  - C. Supportive versus Self-Reliant Environments
  - D. Institutionalization as Compared With Independent Living and/or Home Care
- III. Summary

### CHANGES ASSOCIATED WITH AGING

#### Self-Concepts and Self-Reliance

An individual's concept of himself affects his activities, values, and behavior. An individual exists as both a stimulus and as a response. Self-concepts influence both the individual's interpretation of his environment and other persons' interactions with him. Several personality theorists have addressed themselves to the self-concepts of the aged. A few have related self-concepts to one's interaction with others and activities within his environment. Most theorists concur that an individual's personality is not set in adolescence to remain unchanged and unaffected throughout the latter three-fourths of life.

#### Theories About Adult Personality Formation

Jung (Hall and Lindzey, 1970) is one of the early theorists who relates the concept of the self to the process of maturation. He conceives development of the self as a goal in life and unity of the self as a mark of maturity. Although Jung's personality theory does not extend beyond middle age, it does emphasize the dynamic nature of the self-concept.

Fromm (1967) states that it is possible for persons over sixty-five to alter their personalities and that changeability is not a function of age. Personality development, according to Fromm, is dependent on motivation, interest, and vitality (pp. 86-87). Factors influencing self-concept attain new importance when one considers the elderly personality as malleable rather than static. Rogers (1959) discusses certain factors affecting self-concepts. He focuses on anxieties caused by inconsistencies between one's own beliefs or experiences versus the reactions of others.

Mead (1934) has proposed a similar concept of the individual. We "realize" ourselves by recognizing the other person in his relationship to us (p. 194). Mead points to two types of stimuli affecting the character of an individual: the social and the physical setting (p. 215). White (1959) proposes a relationship between the formation of the self-concept and interaction with the environment. He introduces a "Concept of Competence" which he defines as "an organism's capacity to interact effectively with its environment" (p. 297). Successful interaction with the environment generates a "feeling of efficacy". Lawton (1970a) discusses the applicability of this concept to the understanding of the elderly. White also states that being "interested in the environment implies interacting satisfactorily with it" (pp. 315-316). Individuals like to have an impact on their surroundings.

Making an impact implies an active rather than a passive existence. Fromm (1967) suggests that old age can be characterized by either "consuming" (i.e. passing time) or by being "interested." Active interest does not imply "busy-ness" but rather emphasizes transcending one's ego (p. 82).

Angyal's theory (1941) relates environmental and individual factors. He stresses the importance of man's basic desire for self-determination and his tendency to resist environmental factors which subjugate his independence (p. 49). Lipman (1968) has defined independence in relation to the environment:

"The independent individual is one who carries out what is expected of him in his given role performance. (This of course implies consensus as to what the role of the aged is or should be.) This is possible only when environmental demands do not exceed the individual's role performance resources."

{Self-concept is thus closely tied to feelings of independence. Neugarten (1967) characterized successful middle-aged persons as those who "feel that they effectively manipulate their social environment" (p. 98). She noted that the participants in her study felt an increased control or command over their lives, decisions, and selves. Aging and old age, by contrast, is a period of decreasing command. The elderly are often faced with examples from their environment of this loss of control.

These theories taken together imply that the aging individual might have a lowered concept of competence because he perceives his inability to act as independently in his environment as he once could.

Beyond the realm of theory, several empirical investigations support the preceding discussion of self-concepts. Bischof (1969) and Carp (1968) report research which indicates that self-images of adults can and do change. Psychologists, physicians, and government officials (Lawton and Azar, 1965; Lieberman and Lakin, 1963; and McGuire, 1969) have acknowledged the importance of self-reliance among the elderly. Mason (1954) provides empirical evidence from which she concludes that elderly persons hold lower self-concepts than do younger persons. Findings of Mason, Schooler (1969), Carp (1968), and Donahue (1965) indicate that the physical setting does influence an elderly person's behavior and feelings of self-worth. (These studies will be discussed in a later section.) The environment is not the only factor which affects one's self-concept, but it is among the most diffuse and the one on which the remainder of this paper will focus.

### Sensory and Perceptual Changes

In the preceding section we focused on the individual's concept of himself. One reason for experiencing a lowering of self-concept is the decrement of certain sensations or perceptual skills. Such losses influence the elderly person's self-concept as well as his interaction in an environment.

Birren clarifies the distinction between senses or sensation and perception:

"Generally, the terms sensory acuity, sensation, or sensory processes are used when referring to the ability to be aware of simple stimuli like noise, light and dark, touch, taste, odor, or vibration. When stimuli are more complex, their recognition is called perception. Perception refers more to the interpretation of, or meaning attached to, the pattern of sensation than to the mere awareness of sensations."

-Birren (1964, p. 83)

### -Onset of Sensory Losses

Garrison and Jones (1969) state that in most normal adults, the aging process begins at about forty. Birren (1964) reports that the different senses encounter deficits at varying chronological ages. Senses affected by aging which are pertinent to a study of the near environment include vision, audition, depth perception, tactile and vibration sensitivity, and temperature sensitivity.

### -Vision and Audition

The crystalline lens of the eye sustains a loss of transparency accompanied by thickening and yellowing (Corso, 1971). As a result of this and pupil changes, more light is required to compensate for the reduction in visual acuity (Birren, 1964). The yellowing of the lens may impair one's ability to discriminate between blues, blue-greens, and violets (Braun, 1959; Gilbert,

1957). Birren (1964) recommends that older people respond better to a higher level of illumination and to enlarged figures in high contrast to the background (p. 107). Birren also reports that most individuals experience some loss in hearing after the age of forty. He points out that the elderly person may not be aware of losses of vision and audition due to compensations unconsciously made by other senses.

#### -Depth Perception

Hoffman, Cooper-Price, Garrett, and Rothstein (1959) empirically investigated whether depth perception is related to changes in the central nervous system associated with age, or to traumatic brain damage. Their results indicate that decrements in ability to judge depth do occur, and are more a function of age than of traumatic brain damage.

#### -Tactile and Vibration Sensitivity

In their reviews of literature on senses and perception, Birren (1964), Comalli (1967), and Corso (1971) state that there is limited available information on tactile sensitivity in relation to age. Birren indicates that there is a rise in threshold to touch sensitivity. He reports a study in Howell (1949) who found that older individuals' feet are less sensitive to vibration than are the hands or upper body.

#### -Thermal Preferences

Rohles (1969) surveyed a group of 64 men and women (mean age 75) in order to determine their preferences for different room temperatures. Respondents preferred temperatures ranging from 60 degrees F to 90 degrees F. Seventy-two percent of the

subjects chose 76 degrees F as the most comfortable temperature. These results concur with temperature preferences of college students. According to this study, there may be little general tendency for elderly to prefer warmer environments than younger individuals.

#### Implications and Conclusions

One point to consider when reviewing results of empirical research on sensory or perceptual characteristics of the aging is the range of responses. Most environments are occupied by more than one type of individual. Since individual's senses change with age, allowances should be made for variations in lighting, temperature, and volume. This would be particularly important for an institutional setting. In general, older people respond more slowly to stimuli. Birren suggests that this may be due to increased caution and/or increased time required for discrimination between stimuli.

Lindsley (1964) suggests some innovative ways of developing prosthetic environments which would help compensate for sensory or perceptual losses associated with aging. His ideas include: varying the size of stimuli, amplifying the force of responses, allowing a wider range of response error, and improving feedback systems for informing an individual of his error. Lindsley's recommendations are based on applications of operant conditioning, a system of rewarding appropriate responses after they have occurred. This approach would encourage independence and facilitate reliance on one's self, while making allowances for sensory or perceptual



deficits. As DeLong succinctly states:

"To expect the aged to function somewhat 'normally' under the burden of the levels of sensory involvement we are accustomed to may be a little like expecting a computer to function on the power of a flashlight battery."

-DeLong (1970), p. 80)

### Space and Interpersonal Relationships

Closely akin to perceptual and sensory notions are the spatial considerations. We speak of "personal space" as well as of the relationship of furnishings within space. Both of these spatial factors are relevant to an understanding of the behavior of elderly persons and for designing or planning functional environments.

DeLong (1970) has formulated a theory of the spatial needs of the aged which is derived from Hall's (1966) four ranges of appropriate distance for interaction. DeLong concludes that perceptual changes provoke modifications of an elderly person's personal space. Three rather than four frames of reference for interaction are identified: intimate-personal, social-casual, and public-aggressive. The intimate and personal ranges of transaction are fused because the elderly person relies on peripheral vision and tactile contact to compensate for other sensory losses; a closer range of contiguity is required. DeLong offers these changes in older persons' use of personal space as an explanation for several phenomena: treatment of the aged as children, staff-elderly aloofness, younger persons' dislike for prolonged contact with the aged, clutching or grasping behavior of the aged, and elderly persons' desire for "cluttered" environments.

DeLong infers, both from his own research and that of others, that the aged require three different kinds of spatial environments in order to induce non-aggressive and cooperative behavior: private, semi-private/semi-public, and public. When any one of these space types is not planned for, DeLong has observed that the use of other spaces will be functionally changed. Research reported by Lawton and Badar (1970) provides another example of this need.

Sommer (1969) presents a case study on furniture arrangement of a sitting room in a home for elderly women. Results from his empirical research demonstrate that interaction of the aged may be a product of spatial factors such as furniture arrangement. Sommer suggests that although other users (such as visitors, nurses, janitors) rearrange the elements in an environment to suit their needs, the elderly women's behavior is shaped by their surroundings. For one reason or another the residents adapt to their environments; those women who had lived in the home the longest reported fewer complaints.

Kleemeier (1956) also observes that elderly persons make fewer changes in their homes than do younger persons. Further research would be necessary to determine the provisions for privacy and other spatial needs existing outside an institution, such as in an elderly person's own home or behavior setting. (See section on privacy).

### Implications

From these examples, it would seem that different users and the designers have contrary aims and reactions. Elderly persons may not communicate dissatisfaction of their surroundings.

Certain users may unconsciously implement arrangements of space which complicate interaction or behavior of the elderly. DeLong suggests that a conflict occurs between the architect's conception of the environment as a visual space, and the elderly person's need for tactile spaces. "Whereas architects are building visual linear spaces based upon the grid, the elderly require tactual, point-integrated spaces based on the use of landmarks" (p. 82, 86). DeLong's approach to the changing spatial needs of the aged will undoubtedly prove to be a fruitful source of inspiration for further research. Sommer's participant-observer approach also offers clues for researchers, planners, or designers intent upon taking spatial factors into account.

#### Needs in Relation to Housing and Environmental Planning

Throughout previous phases of their lives, the elderly have had experiences which shape their present needs and values. Erikson (1959; Evans, 1967) outlines a step-by-step theory of ego-development based on a series of life cycle stages. As an example of the cumulative effects of needs, Erikson describes the development of autonomy:

"Where large numbers of people have been prepared in childhood to expect from life a high degree of personal autonomy, pride, and opportunity, and then in later life find themselves ruled by super-human organizations, and machinery too difficult to understand, the result may be deep chronic disappointment not conducive to healthy personalities willing to grant each other a measure of autonomy."

-Erikson (1959) pp. 73-74.

"Personal autonomy" is a key phrase. Parsons (1963) has delineated autonomy as a fundamental American value. Lipman describes independence as one of society's particular goals for the aged (1968). Autonomy is therefore both a need and a value. Lipman suggests that two factors will facilitate retention of an autonomous status for elderly: reduction of environmental demands, and raising of deficient resources. He lists resources as: health, income, education, and race (pp. 85-86).

Kent (1966) discusses six American values, each of which is thwarted due to aging: achievement and success, activity and work, efficiency and practicality, progress, external conformity, and science and rationality. A general need of the aging, says Kent, is a smoother transition through new family and work roles so as to reduce social alienation.

Tannenbaum (1967) lists four basic needs of the elderly which should be met in order to stave off loneliness: love, comprehensible social norms, opportunities for creative activities, and maintenance of identity.

In addition to psychological needs, the aged have some physical and environmental requirements particularly related to their housing and daily lives.

Lipman (1968) has investigated the needs of about a thousand Florida public housing residents and 117 refused applicants. Elderly respondents cited the following needs: financial 42%, psychogenic\* 27%, security 14%, primary\*\* 11% affiliation and belonging 6% (pp. 91-92). (See Lipman, 1966 also.)

\*These included: mental, aesthetic emotional stimulation, travel, and factors necessary for maintenance of morale and motivation.

\*\*These included: food, medical, dental care, clothing and shelter.

Hamovitch and Peterson surveyed community residents over age fifty and report the following housing considerations or needs: climate; access to transportation, laundry, and shopping facilities; and nearness to professionals such as physicians and clerics. Lawton's survey (1970a) concurs with the finding that elderly persons wish to be near medical assistance.

Privacy is another need which has recently received attention. According to Pastalan (1968) privacy is important for several reasons: privacy promotes the personal autonomy necessary for development and maintenance of individuality. Privacy also provides opportunities for emotional release, self-evaluation, and for appraisal of one's experiences. Lawton (1970b) notes that in institutions, social withdrawal may be a substitute for loss of privacy.

Researchers discussing needs for privacy have not always distinguished between a focus on privacy in general or private bedrooms. DeLong (1970) suggests that in institutional settings there is a need for three degrees of private-public spaces. (See page 9 of this paper). A bedroom may provide the privacy needed or this need may be met in another section of an institution. DeLong has observed that in multiple occupancy rooms, when no private spaces are designated, the elderly are more likely to aggressively defend their territory or possessions. Lawton and Badar (1970) have explored elderly persons' preferences for private bedrooms. Their results indicate that older non-institutionalized persons have a high degree for privacy (as stated on a questionnaire). Residents of an institution generally preferred their present rooming situation. Few residents with

private rooms wished for roommates, but 47% of the subjects with a roommate opted for private rooms. Lawton and Badar do not state whether their institution residents could find privacy in other parts of their dwelling.

#### Implications and Conclusions

Both Rosow (1965) and Hamovitch and Peterson (1969) have questionnaire results from community residents which indicate that housing per se is not a major source of dissatisfaction for their elderly study-participants. These results were from fairly independent middle-aged and elderly persons.

Two questions are still unanswered: How effective is the physical environment in providing for all types of needs? Will certain alterations of the near environment fulfill needs beyond shelter? Pincus (1968) and Pincus and Wood (1970) have developed a comprehensive measure for evaluating institutional environments. Barker (1968) details a procedure for analyzing behavior settings. Several researchers have looked at one or another need (Sommer, 1969; Sommer, 1970; Mason, 1954; Schooler, 1969; Lieberman and Lakln, 1963; Lawton, 1970b; Lawton and Badar, 1970; Lawton, 1970a; and DeLong, 1970), but as yet we do not have a complete or detailed analysis of the effect of the near environment in mediating each of the known needs of elderly persons. As Lipman (1969) points out, we should be alert to indirect and interactive effects of the environment on the behavior of the aging.

CONTEMPORARY RESEARCH ON THE EFFECTS OF THE PHYSICAL SETTING  
ON THE AGING INDIVIDUAL

We intuitively sense that the physical environment intercedes in the activities of mankind at every age. The elderly person experiences changes which render him increasingly more dependent on and aware of his physical environment. Elderly persons generally spend a greater percentage of their time within one physical setting (Proppe, 1968). Insight into the known effects of the environment on the elderly serves as a basis for creating a more resourceful and functional setting.

Age Composition of Neighborhoods for the Aging

Surveys of elderly persons indicate that although they like to be near a transportation route and have access to friends and family members (Hamovitch and Peterson, 1969), many prefer the companionship of other elderly persons (Rosow, 1965; Lawton, 1970b). Most elderly, according to Hamovitch and Peterson's study, prefer to have neighbors of the same age range. Homogeneity preferences extend beyond age; respondents also favor neighbors of similar social class and prefer friends of the same age, sex, and marital status (Rosow, 1965).

Rosow studied 1,200 older apartment dwellers. He discovered that lower class residents confined their friendships within their immediate neighborhood more than did middle class residents. Working class elderly are also more influenced by the age structure of the neighborhood. Lawton (1970a) reports that elderly respondents to his survey object to young children and teenagers as neighbors, but enjoy young, childless, married couples.

Rosow reviews and recasts the age integration versus age segregation controversy. He suggests that preferences for neighbors depend a lot on the present age composition of the neighborhood and one's interpretation of whether he has adequate opportunity to meet with friends. He abstracted five personality types from his sample and related their attitudes toward friendship to suitable neighborhood compositions:

<u>Character Type and Description</u>	<u>Suggested Age Composition of Neighborhood</u>
1. Cosmopolitan: little contact with neighbors, no desire for more friends, most friends live outside this person's neighborhood.	-Might like to move closer to the reference group (regardless of age composition) if mobility were restricted. At present, age composition of the neighborhood doesn't seem important.
2. Phlegmatic: Socially inactive, prefer little outside contact.	-Need minimal social support from the environment; can be satisfied in normally-found age concentrations.
3. Isolated: Wish for more contact with neighbors; presently have few friends.	-Neighborhoods with a predominance of elderly.
4. Sociables: Satisfied with their present high level of contact.	-Neighborhoods with a predominance of elderly; although they might be satisfied anywhere.
5. Insatiabes: High level of contact, but wish for still more.	-Neighborhoods with a predominance of elderly.

---

-From information on pp. 48-57, Rosow, 1965.



Messer (1967) suggests that elderly neighbors are useful as a frame of reference and facilitate the transition between middle and old age. Messer contends that younger neighbors make an aging person more aware of his failing abilities. His evidence indicates that elderly persons living near other elderly feel less useless and view their leisure time more positively than those who are surrounded by younger or middle-aged persons.

Grant (1970) suggests that age composition of the neighborhood should be considered as an issue second to health. He feels that a facility should be designed to provide care throughout phases of increased dependency. Extensive translocation from one's neighborhood should be avoided. He offers a compromise: a partial segregation of the elderly which would allow independent aged to be near both necessary services and the companionship of others. Sharing public spaces and health facilities with neighboring younger persons would reduce feelings of banishment while affording the choice of seclusion. He does acknowledge that much of the empirical evidence supports environments planned for age homogeneity.

Kahana and Kahana (1970) make a convincing case for age integration in hospital wards for aged male psychiatric patients. In this instance, their data affirm that integrated wards encouraged interaction and increased levels of activity. The authors feel that the presence of other patients inhibits the formation of maladaptive norms and provides a better environment for newly admitted patients with similar mental deficiencies. Integrated wards were more stimulating to the patients; more noise, light, and movement were observed. The psychiatric patients were in the

minority in these wards, yet younger patients encouraged interaction within the age group of psychiatric patients.

### Implications and Conclusions

The advantage of segregating of elderly by age may generally produce more opportunities for friendships. However, environmental planners should be conscious of the other variables which may mediate positive effects: socio-economic status, natural gregariousness, previous life styles, propinquity to transportation routes, and health status. Some degree of age integration may be beneficial for elderly psychiatric patients because it provides external stimulation.

Additional implications of age homogeneity may be found in the following discussion of morale.

### Effects of the Near Environment on Morale

Morale is defined as: "The degree of zest for purposeful endeavor, whether in personality development or in group participation" (Harriman, 1965, p. 110). The physical and social setting are frequently listed as correlates of morale. Other factors associated with morale include: activity level, institutionalization, age composition of neighborhood, and certain ascribed or achieved characteristics. The near environment will be discussed in relation to these factors and morale.

### -The Relationship Between the Near Environment, Activity Level, and Morale:

Lipman (1968, 1966) signifies on the basis of extensive empirical research that low education and low income correlate with lower morale regardless of high activity level. Concurrently,

he notes that high education and high income are associated with high morale regardless of low level of activity. Messer (1967) found that race and health status affect morale. Mason (1954) provides empirical evidence which indicates that independently functioning aged hold more positive views of their self-worth than do institutionalized infirmity patients. High concepts of self-worth were significantly correlated with high levels of social functioning. Mason concludes that positive self-concepts of elderly persons are related to the ability to actively function in an independent existence (p. 336). Fink (1957) compared middle-age (50-60) and elderly (61-76) men who were institutionalized with two similar groups living in the community. He found that there was a significant relationship between the number of hours a man spent at an activity or hobby and his orientation toward the future. He asserts that activity alone is not the clue to positive future outlook. Meaningful, motivated activity is more relevant than just any work assigned to fill empty hours. (This is reminiscent of Fromm's emphasis on the negative aspects of consuming and "busy-ness". (See page 4.) Maddox (1966) has results on activity level and life satisfaction from a longitudinal study of "elite" elderly. He confirms suspicions of several theorists (Jung, Fromm, Erikson) that certain characteristics associated with old age are actually inherent in an individual's personality throughout other stages of development. He demonstrates that activity levels of individuals are maintained at the same relative rank over a time span of seven years; activity levels are established in earlier stages of life. Maddox indicates that high activity levels and high degree of life satisfaction are associated with relatively younger age, better health, higher

socio-economic status, and above average intelligence. Social functioning, activity level, and health are all influenced by the physical setting. Carp (1968) emphasizes increased activity patterns and social interaction resulting from the move to a home for the aged as factors influencing higher self-concepts and improved morale. Donahue (1965) also notes that a move to certain homes stimulated increased activity which had a positive effect on the personality development and morale of some aged individuals. Both researchers attribute the physical setting and its role in mediating activities and interactions with the credit for improvements in morale. Schooler (1969) reports a pilot study which indicates that the relationship between morale and social interaction was markedly altered when he introduced an environmental variable. Future results from his research might elucidate the role of the environment in relation to physical health, morale, and interaction.

#### -Neighborhood Age Composition, Interaction, and Morale

A special instance of the effects of environment on morale falls under the topic of age composition of the neighborhood. Rosow (1965) relates age density to morale of five personality types (see page 16 of this paper). Isolated individuals who live in neighborhoods with a dense concentration of elderly have a lowered morale; they don't share in the social milieu. "Sociable," "phlegmatic," and "cosmopolitan" individuals are unaffected by increased density of the elderly population in their neighborhood. Insatiable seekers of friends would, predictably, have a higher morale as the proportion of old people increases.

Although not statistically significant, Messer (1967) found that higher morale generally occurred in age homogeneous settings. When he looked at morale, interaction level, and age distribution, Messer noted that a higher level of interaction is associated with high morale among elderly living in mixed age environments. When the elderly have a high level of morale at the outset, they seem impervious to some environmental variables which may be frustrating to less satisfied old people.

### Implications

The morale of the aged may be fixed by certain ascribed or social factors such as race, age, socio-economics status, education, health, and intelligence. Morale may be positively influenced by a near environment, particularly one which facilitates independent functioning. We may eventually have research results indicating that the near environment directly affects morale. Age composition of the neighborhood is another variable which affects the morale of certain elderly individuals; however, more factors of individual personality must be considered before drawing this conclusion.

The questions for the future include: How can improvements in the near environment facilitate high levels of morale? How can environments be planned and designed to foster meaningful and satisfying activities?

### Supportive versus Self-Reliant Environments

Certain individuals claim that forced independence increases life; others assert that supportive services are the societal debt to senior citizens and that the services provided should be extensive. Empirical research generally favors maximal

~~independence within the confines of ability.~~ (Lawton and Brody, 1970; Lawton and Azar, 1965).

Lipman (1968) has found that most elderly function satisfactorily in ordinary housing. However, he suggests nearby community services for those who might need them. Such services might include: "communal meals on wheels," transportation, household aid or cleaning, health-related aids and care, and recreational opportunities (pp. 87-88). Spector (1963) contends that ordinary housing is not adequate, and that elderly persons require special supportive services to remove them from the devastations of institutions. He recommends certain physical improvements especially designed for housing of the aged: safety, lighting, conservation of energy, and maximization of independence. He points out the value of specially designed housing in discouraging loneliness and withdrawal. Grant (1970) presents a community plan with health services in proximity to the aged.

Lawton (1970c) studied preferences of elderly for neighborhood services. Meal services were used by more gregarious elderly. The use of meal services did not correlate with measures of happiness, physical deterioration, or quality of social relationships. Neighborhoods with nearby services, according to Lawton, attracted older, sicker, and less active elderly residents. Lawton (1970b) states that most elderly persons enter institutions because they have difficulty overcoming environmental obstacles, such as stairs. Evidently, many elderly individuals perceive certain problems in carrying out daily activities within their own homes. The extent of their difficulties requires further investigation.

Summary and Implications

Lawton and Azar (1965) suggest that housing should provide an environment that neither taxes nor underrates the decision-making ability of the aged. Above all, they feel that the elderly person deserves as much self-determination of his actions as possible.

Translating these findings into environmental design is no simple matter. One suggestion would be to assess current settings with an eye to whether they facilitate or frustrate independence. When we find instances where the aging person is deprived of all activity because he cannot operate at a high level of efficiency, then these might become target areas for better design. Lindsley's (1964) suggestions provide a second phase for environmental design. A third phase might include on-site evaluation of our suggestions. For a further discussion of this topic, the reader is referred to Ostrander et al., 1971.

Institutionalization as Compared with Independent Living and/or Home Care

Placing an aging person in an institution (not necessarily a hospital) rather than providing for him at home falls into a class of partisan issues. Sentiments are varied and generally strong on both sides.

Spector (1964) attributes the rate and extent of deterioration in mental acuity to the length of time spent in an institution. He asserts that "to every extent possible, every element of institutionalization should be avoided and all elements of self-contained independence emphasized" (Spector, 1964, p. 49). His views characterize much of the prejudice against care facilities

outside the individual's home; institutions curb independence. Lawton (1970b) points out another negative aspect, loss of privacy. Fink (1957) discovered that infirmed middle-aged and elderly men are more concerned with the past and less concerned with the future than were non-institutionalized men.

Blenker (1967) and Jacobs (1969) have evidence which indicates that one of the most detrimental effects of an institution is the move one makes to enter this highly supportive environment. Lieberman and Laking (1963) also found that to men, the move to an institution connotes a blow to the self-concept and to women the move is perceived as rejection. To both the men and the women, a move symbolizes their diminished efficacy.

Jacob's (1969) participant-observations indicate that adjustment difficulties are common and appropriate activities ease the transition into a home. Advocates of supportive and specifically planned homes for the aged have demonstrated the gratifying consequences of institutionalized living. Carp (1968) has shown that a move to a more suitable habitat designed for the elderly increased opportunities for social interaction and had many salutary effects. Carp found significant improvements in residents versus non-accepted applicants on dimensions of: satisfaction with living situation, attitudes toward self and others, physical and mental health, activity level, and the relationship to one's family. These elderly residents all wished to make this move; however, many dissatisfied aged in institutions may not have requested their present location. Another factor which may account for Carp's highly favorable results is the emphasis on fostering independence rather than restricting it. Donahue (1965) found that independently



functioning elderly were similarly satisfied with an institution which she studied.

### Implications and Summary

When a move to a supportive environment is perceived by an elderly person as evidence of his frailties and loss of self-reliance, the individual is not likely to look forward to the transfer. Supportive institutions which are perceived as opportunities to maximize one's present abilities and to form new friendships may have a propitious effect. Preparation is undoubtedly an important factor in later adaptation to new surroundings.

If we foster institutions designed to expand rather than to restrict the elderly individual, we will overcome one of the chief arguments against such facilities. Promoting independence is a goal of planners as well as family members and many aged individuals.

### CONCLUSIONS

The emphasis throughout this paper has been on promoting autonomy of the aging through careful environmental planning. We developed a case to show that self-concepts are important, and one of the main determinants of an elderly person's self-concept is his perception of his autonomy, self-reliance, and relative independence from environmental and physical restraints. As the individual progresses from middle to old age, autonomy becomes a scarcer resource and may be characterized as a need.

The natural setting or environment has been planned for a younger stratum of population and does not facilitate such independence among the elderly. An old person may still react to his setting; in fact, he may be even more vulnerable to spatial circumstances because of perceptual and sensory deficiencies. Often the perceptual and sensory changes are not comprehensible to the individual himself--much less to others who must deal with him within the same physical setting. While their younger counterparts can "get away," elderly persons spend a greater proportion of their time within the confines of a single setting or home. The elderly individual is a virtual captive in a habitat planned for a different style of use. Continual frustrations either cause a lowered concept of competence or virtual apathy. Adaptation to an incongruent setting implies compromises in terms of doing that which appeals to the individual.

We know that the environment has an impact on certain phases of the aging individual's life. Components of that environment such as space, provisions for privacy, and furniture arrangement are all related to behavioral phenomena. For some persons, the age composition of the neighborhood may determine friendships. For others, the environment restricts their activities. At least two major studies indicate that appropriate institutional housing yields a host of advantages for certain individuals. Whether in an institution or a private dwelling, an elderly person and those who interact with him will benefit from a more thorough understanding of personality development in adulthood, and the environmental challenge.

What is the environmental challenge? It is a twofold conclusion based on the facts presented in this text. First, we would advocate developing a near environment which creates a more suitable context for functioning, but does not entirely remove all challenge for elderly inhabitants. In this environment, they should feel useful and active within their capabilities. The second and greater challenge will be mustering the knowledge, skills, and experience of experts from a variety of fields in order to develop a base of research from which to launch some innovative planning and design.

BIBLIOGRAPHY

Angyal, A. Foundations for a science of personality. New York: The Commonwealth Fund, 1941.

Angyal characterizes the human being as having a tendency to resist external influences of the physical and social environment in order to become autonomous. Old age is the phase of life when these external forces can no longer be overcome. This theory presents man in search of self-directed activity.

Barker, R. G. Ecological psychology: concepts and methods for studying the environment of human behavior. Stanford: Stanford University Press, 1968.

Barker and his associates have researched and developed a method for mapping an individual's or a group's behavior. This method has been used extensively in the midwest and in England. Behavior mapping yields many clues about the setting as well as latent activities and sentiments of its inhabitants.

Beckman, R. O. "Acceptance of congregate life in a retirement village." Gerontologist, 1969, 9 (4), 281-285.

Nine open-ended questions were asked by an elderly man (the author) of the residents in a retirement village (mean age 76). The author found several factors which might create a better atmosphere: greater participation in activities, greater use of social centers, less television viewing, self-government, contacts with younger persons, increased use of library facilities.

Birren, James E. The psychology of aging. Englewood Cliffs, New Jersey: Prentice-Hall, 1964. See chapter 4, Special Senses and Perception.

Vision, touch, audition, and taste processes are reviewed from the author's own, and other empirical research. In regard to environmental functioning, some of the salient findings noted include: 1. Elderly respond better to high levels of illumination; enlarged figures of great contrast to the background are easiest to see. 2. After about 55, the threshold for touch sensitivity increases, although the hands remain fairly sensitive to stimulation by vibration. 3. Above the age of 40 most people show some loss of hearing particularly of the higher tones. 4. Age 70 may be the critical time during which sensory functions begin to limit the behavior of the individual.

Birren, J. E. and N. W. Shock. "Age changes in rate and level of visual dark adaptation." Journal of Applied Physiology, 1950, 2, 407-411.

An empirical study demonstrates that older individuals in a cross-sectional study were less sensitive to low levels of light energy.

Bischof, L. J. Adult psychology. New York: Harper and Row, 1969.

A source book of research and ideas on adulthood and aging. Two particularly pertinent sections are: theories of aging, and self-concepts. Empirical studies cited indicate that self-concept of adults is a function of: income, sex, race, intelligence, and health. Other studies demonstrate that self-concepts of the aged can be improved.

Blenker, Margaret. "Environmental change and the aging individual." Gerontologist, 1967, 7 (2), 101-105.

The author investigated the effects of institutional care as compared with community care on elderly person's survival rate. In a previous study she had found that death rate on a six month follow-up was higher for Ss given maximal services including institutional care. Results of this study indicate that slightly more Ss died both 6 months and one year after institutionalization than did similar Ss cared for in the community. More deaths occurred soon after transferral into institutions than occurred during the remainder of the one year observation period (n.s.). The author states that results are tentative and further investigation is needed on the negative aspects of institutionalization.

Braun, Harry W. "Perceptual processes." In: J. E. Birren (Ed.) Handbook of aging and the individual. Chicago: Chicago University Press, 1959. Pp. 543-561.

Braun reviews literature on the following topics: color vision, perception of pattern and form, visual perceptual span, auditory perception, music and speech, taste, odors, weight discrimination, vibratory sensitivity, temperature, pain sensitivity, kinesthetics, time, and speed.

Carp, Frances M. "The impact of the environment on old people." Gerontologist, 1967, 7 (2), 106-108†.

An empirical investigation of 204 residents of a new institution for fairly self-reliant elderly and 148 non-residents (median age all Ss = 72) revealed that change in physical and social environments can change elderly. Improvements in the resident Ss noted after one year included: increased satisfaction with living situation; more favorable self-concepts, and improved attitude toward others including one's family; fewer physical or health complaints; and increased activity and sociability. Results indicate to the author that rigidity may not be a character trait of the aged.

Comalli, P. E. "Perception and age." Gerontologist, 1967, 7 (2), 73-77.

The author reviews literature on changes in sensory components associated with aging such as: vision, audition, taste, and touch. A survey of empirical data on perceptual functioning is also presented; it includes: ambiguous figures, discrimination, and space and time perception. Methods and ideas for further research are offered.

Corso, J. F. "Sensory processes and age effects in normal adults." Journal of Gerontology, 1971, 26 (1), 90-105.

The author reviews empirical research on changes in vision, audition, taste, pain, touch and vibration sensitivity that accompany aging. Thickening and yellowing of the chrystalline lens affect visual acuity and the amoung of light needed, as well as color discrimination.

DeLong, A. J. The micro-spatial structure of the older person: some implications of planning the social and spatial environment. In: L. A. Pastalan and D. H. Carson (Eds.) Spatial behavior of older people. Ann Arbor: University of Michigan, 1970. Pp. 68-87.

Proxemics, based on Hall's four levels of interaction, are particularly important to understanding spatial habits and envircnmental needs of the elderly. Perceptual changes associated with aging result in modifications of elderly persons' spatial attitudes and behavior. These spatial modifications have implications for interpersonal contact, institutional design, and personal habits of both the aged and those who deal with them. Three functionally different spaces are needed by the elderly: private, semi-private/semi-public, and public. Several suggestions are offered, based on findings from the author's empirical research, for considering spatial requirements characteristic of the aged.

Donahue, Wilma. Impact of living arrangements on ego development in the elderly. In: F. M. Carp and W. M. Burnett (Eds.) Patterns of living and housing middle-aged and older people. Public Health Service Publication, No. 1496. Washington, D.C.: U. S. Department of Health, Education, and Welfare, 1966.

Several residents of the Lurie Terrace Home in Michigan demonstrate Donahue's contention that self-reliance not only stimulates increased activity, but is therapeutic for most dwellers. The author states that the concept of disengagement among the elderly is difficult to accept after one has witnessed the stimulating effect of an environment on elderly persons.

Erikson, Erik H. Identity and the life cycle. Psychological issues monograph. 1959, 1 (1), New York: International Universities Press.

According to Erikson the personality may be looked at as developing in a series of eight stages. He names each stage and then discusses the ineffectual and successful traits of each one. The seventh stage is called middle adulthood. Successful development in this stage involves "generativity" or productiveness; unsuccessful arrival indicates stagnation. The eighth stage, entitled late adulthood, is positively associated with integrity and negatively associated with despair. A basic value or virtue of the eighth stage is renunciation of all that is not essential and wisdom. Success generally indicates satisfactory completion of the previous stage.

Evans, Richard I. Dialogue with Erik Erikson. New York: Harper Row, 1967.

This dialogue is based on a film which Evans made with Erikson in order to clarify Erikson's theory. Erikson makes a few points about the middle and elderly stages which augment other sources.

Fink, H. H. "The relationship of time perspective to age, institutionalization, and activity." Journal of Gerontology, 1957, 12 (4), 414-417.

Institutionalized and non-institutionalized elderly men were compared using projective tests, self-reports of thoughts, and an activities questionnaire. Institutionalized men emphasize past rather than future events. A positive, significant relationship was found between the number of hours devoted to meaningful work or hobbies and emphasis on future rather than past events. The author states that his data supports the theory that personality changes occur due to institutionalization.

Fromm, E. "psychological problems of aging." Child and Family, 1967, 6 (2), 78-88.

An interesting discussion of problems such as: consuming time, boredom, independence, and envy. Fromm theorizes that it is quite plausible for individuals to continue personality development after 65 because the ability to change depends on factors other than age. He also discusses the difference between traits associated with old age and those which have been part of the personality throughout earlier phases of development, but which have been depressed.

Garrison, Karl C. and F. R. Jones. The psychology of human development. Scranton, Pennsylvania: International Textbook Company, 1969.

Chapter 15 on "Personal and Social Adjustments in Later Adulthood" (pp. 353-380) provides background material on the following topics: the biology of aging, needs and drives of the aged, interaction with friends, and activity and morale.

Grant, Donald P. "An architect discovers the aged." Gerontologist, 1970, 10 (4), 275-281.

Grant reviews the literature on the most beneficial age composition for elderly persons immediate neighborhood. He alters his original opinion and concedes that neighborhoods with a high density of elderly persons has many favorable advantages. He prefers to focus on health care centers in planning neighborhoods rather than on just the age composition. Grant proposes and illustrates a sketch of a neighborhood which provides contact with other age groups, but is centered around a health care center.

Gilbert, Jeanne G. "Age changes in color matching." Journal of Gerontology, 1957, 12, 210-215.

Gilbert made a cross-sectional study of 355 Ss from age 10-93. She found that at all ages individuals had more difficulty discriminating blues and greens than in distinguishing between reds and yellows. However, this ability to discriminate was more difficult for the elderly individuals. She attributes this to yellowing of the crystalline lens.

Hall, C. S. and Lindzey. Theories of personality. (2nd ed.) New York: Wiley, 1970.

Of particular interest is chapter three, "Jung's analytic theory." The authors develop Jung's model for adulthood and realization of the self using primary source material.



Hall, E. T. The hidden dimension. Garden City, New York: Doubleday, 1966.

A classic book in the field of environmental psychology and the role of space in everyday transactions. This book includes both a review of such concepts as territoriality, and applications of Hall's own theory of proxemics.

Hamovitch, M. B. and J. E. Peterson. "Housing needs and satisfaction of the elderly." Gerontologist, 1969, 9 (1), 30-32.

The authors investigated perceived housing needs and present housing satisfaction of elderly persons living in their own homes or apartments. Climate, propinquity to shopping and laundry facilities, nearness to medical and clergy, and access to transportation were major considerations. Privacy was of lesser importance. Age density was related to differences between the desire to live near friends and family; however, the majority of Ss prefer living with others like themselves. Ninety-five percent are fairly satisfied with present accommodations.

Harriman, P. L. Handbook of psychological terms. New York: Littlefield, 1965.

Hoffman, C. S., A. Cooper-Price, E. S. Garrett, and W. Rothstein. "Effect of age and brain damage on depth perception." Perceptual and Motor Skills, 1959, 9, 283-286.

Based on a study comparing normal young Ss, brain-damaged elderly, and normal elderly, the authors conclude that depth perception is affected by aging rather than by brain damage. Elderly Ss (both normal and brain-damaged) were significantly less adept at a depth perception task than were younger Ss.

Howell, T. H. "Senile deterioration of the central nervous system." British Medical Journal, 1949, 1 (4592), pp. 56-58. As cited in Birren (1959, p. 508).

Weiss quotes Howell's report of his findings in a study of pain, temperature, and light touch. Howell examined 200 healthy elderly pensioners. About a fourth of the men studied showed impairment for at least one of the sensations tested. Most of those who could not feel the sensations fell between 70 and 85 years of age. The lower limbs of the oldest men in the sample were less sensitive to vibration than were those of the 65-74 year age group. Men ranged in age between 65 and 91.

(A direct quote of Howell's results appears in Weiss's article, Sensory functions, In: Birren, Handbook of Aging and the Individual. Since the original source was not readily available, this abstract is based on Weiss's material, p. 508.)

Jacobs, Ruth H. "One-way street: an intimate view of adjustment to a home for the aged." Gerontologist, 1969, 9 (4), 276-280.

A participant-observer sociologist reports on a group of 46 residents of a large Jewish home for the aging. Accounts of individual cases demonstrate that women do experience problems in living institutionally and in translocating within the institution. Conflicts are examined in relation to the activity level of the women.

Kahana, B. and Eva Kahana. "Changes in mental status of elderly patients in age-integrated and age-segregated hospital milieus." Journal of Abnormal Psychology, 1970, 75 (2), 177-181.

The authors investigated the effects of age-integrated vs. age-segregated hospital wards on 55 aged male psychiatric patients (median age = 73). Integrated wards were more effective in encouraging interaction and higher levels of activity while curbing maladaptive behavior. Greater stimulation provided by age integrated wards are suggested as one factor causing improvements.

Kent, D. P. "Social and cultural factors influencing the mental health of the aged." American Journal of Orthopsychiatry, 1966, 36 (4), 680-685.

Social sources of personal stress for the aged are discussed. Six American values are listed. The author states that these values are contrary to role assignments of the elderly. Their group life does not provide even vicarious involvement with these values. In Kent's view, the consequent social alienation is one of gerontologists' pressing problems.

Kleemeier, Robert W. Environmental settings and the aging process. In: J. E. Anderson (Ed.) Psychological aspects of aging: Proceedings of a Conference on Planning Research, Bethesda, Maryland, 1955. Washington: American Psychological Association, 1956, 105-116.

A review of research on the effects of varying environments on the elderly. Many ideas for research topics are presented. Under "organization of space in the home" the author notes that the elderly probably make fewer alterations on their surroundings than do younger adults. He also requests research on the degree of toleration with which varying age groups view less than perfect housing or space allocation. Although design standards and suggestions are available for elderly residences, little has been objectively researched. Two research methods are suggested for investigating the many ideas presented.

Lawton, Alfred H. and G. H. Azar. Sensory and perceptual changes that may influence housing needs of the aging. Patterns of living and housing of middle-aged and older people. Proceedings of Research Conference, Washington, D.C.: United States Department of Health, Education, and Welfare, 1965. Pp. 11-15.

Changes which accompany aging are outlined in regard to housing needs. The authors suggest that housing should provide an environment that does not tax the decision-making ability of elderly. Housing should allow the individual opportunities for self-determination of physical action and personal independence.

Lawton, M. P. "Assessment, integration, and environments for older people." Gerontologist, 1970a, 10 (1), 38-46.

Assessment of activities and functioning is a means of matching personal characteristics of aged with the environment so that they will not be challenged beyond their resources. Lawton proposes an assessment hierarchy beginning with lower levels of life maintenance followed by functional health, cognition, physical self-maintenance, instrumental self-maintenance, effectance, and social roles. This model is explained and developed as a potential research tool.

Lawton, M. P. Ecology and aging. In: L. A. Pastalan and D. H. Carson (Eds.) Spatial behavior of older people. Ann Arbor: University of Michigan, 1970b, Pp. 40-67.

Lawton reviews his "environmental docility hypothesis" which states that the greater the organism's competence, the less behavior variation which can be attributed to the environment. Components of the ecosystem are listed and described in relation to contemporary research on the effects of the ecological environment of elderly institutional dwellers. Many suggestions for further research are offered.

Lawton, M. Powell. "Supportive services in the context of the housing environment." Gerontologist, 1970c, 10 (1), 15-19.

From a variety of samples of elderly empirical evidence is presented on preferences for services in the neighborhood. Most elderly Ss wished to have medical help nearby. Services other than medical were seen by the Ss as amenities. People who reported visiting medical services were generally the less healthy. Meal services were used by the more sociable. Use of meal services was not correlated with happiness, deterioration, or quality of social relationships. There is some indication that applicants to a site without services are more competent; offering services may attract the older, sicker, and less active elderly.

Lawton, M. P. and Jeanne Badar. "Wish for privacy by young and old." Journal of Gerontology, 1970, 25 (1), 48-54.

The authors surveyed 839 Ss of age 10 to 86† to determine their preferences for a private or shared room in a home for the aged. Younger respondents were more favorable to the idea of a roommate than were people over age forty. Residents of the community were more intent on private accommodations than were institution residents. Individuals in poor health and from the working class were less likely to prefer single accommodations.

Lawton, M. P. and Elaine M. Brody. "Assessment of older people: self-maintaining and instrumental activities of daily living." Gerontologist, 1969, 9, 179-186.

Two scales for assessing functioning ability of elderly persons are developed and evaluated. The authors have used the scales. They suggest that results from assessment of known users can become the basis for environmental planning.

Lieberman, Morton A. and Martin Lakin. On becoming an institutionalized aged person. In: R. H. Williams, C. Tibbitts, and Wilma Donahue (Eds.) Processes of Aging, Vol. I, Social and Psychological Perspectives. New York: Atherton Press, 1963. Pp. 475-503.

A study of 22 aged individuals was initiated to explore self-concepts and views of their social environments during and after a move from autonomous life in the community to residence in a home for the aged. A TAT was designed focusing on the individuals transition and life in the home. Results showed sex differences in the personal meaning of the move. Men perceived it as a "severe blow to an already shaky self-concept." To the women it meant rejection. Both sexes experienced a loss in their ability to cope with the external world and were less interested in heterosexual relationships.

Lindsley, O. R. Geriatric behavioral prosthetics. In: R. Kastenbaum, New thoughts on old age. New York: Springer Publishing, 1964. Pp. 41-60.

Free-operant conditioning methods are applied to the design of supportive environments for the aging. Principles on which suggestions are based include: 1. Discriminative stimuli suggestions (variation in size of stimuli, stimuli combinations, expansions, and response controlled stimulus presentations) 2. Response devices (response force amplifiers, wide response ranges, rate switches, feedback systems) 3. Geriatric reinforcers (individual, expanded narrative, long range personal and social) 4. Reinforcement schedules (intermittent versus regular). Concrete examples are provided along with many researchable questions.

- Lipman, A. Concerted services for the aged. In: O. B. Thomson (Ed.) Potentialities for later living: Institute of Gerontology Series 17. Gainesville: University of Florida Press, 1968. Pp. 82-96.

Society has goals for the aged which entail four major resources: health, money, education, and race. One salient societal goal is independence, which Lipman defines in terms of role performance and environmental demands. Independence is best achieved through reduction of environmental demands and bolstering of dwindling resources. The article is based on a survey of over a thousand public housing residents of Florida, and 117 non-public housing residents. A detailed analysis of the needs of elderly is related to provisions for social services. Needs reported by elderly Ss include: financial (42%), psychogenic (27%), security (14%), primary (11%), and interpersonal (6%).

- Lipman, A. "Latent functional analysis in gerontological research." Gerontologist, 1969, 9 (1), 33-36.

Examples of latent functions from Lipman's investigation of the move to public housing include: admissions selectivity, age segregation, racial differences, morale, adjustment to group living, social interaction at meals, and welfare status. Latent functions are important to recognize for adequate interpretation of results. Some reflections on data gathering are also noted.

- Lipman, A. "Responsibility and morale." Proceedings of the seventh international congress of gerontology. Vienna: Verlas der Wiener Medizinische Akademie, 1966. Pp. 267-276.

Empirical evidence from Miami public housing residents supports the hypotheses that independence is valuable for the aged and independent aged people are characterized by higher morale. Independence is defined and analyzed in terms of both behavioral and attitudinal factors. Responsibility is positively related to race, education, income, and health. The greater each of these resources, the higher the morale.

- Maddox, G. L. "Persistence of life style among the elderly: a longitudinal study of patterns of social activity in relation to life satisfaction." Proceedings of the seventh international congress of gerontology. Vienna: Verlag der Wiener Medizinische Akademie, 1966. Pp. 309-311.

A seven year study of a comparatively unique sample of aging individuals (above average in physical, social, and psychological traits) indicates that disengagement may be a continuation of an earlier life style rather than a characteristic of aging. High activity and high satisfaction with life style are both associated with better health, higher SES, and above average intelligence.

Mason, Evelyn. "Some correlates of self-judgments of the aged." Journal of Gerontology, 1954, 9 (3), 324-337.

Empirical data from samples of: institutionalized infirmity patients, independent aged, and younger Ss indicates that elderly Ss have a lower view of self-worth than do younger Ss. Independent aged demonstrated a higher self-concept than did institutionalized Ss. Higher concepts of self-worth were positively and significantly correlated with greater degrees of social activity. Mason sees an independent existence as important for positive self-concepts of the aged to emerge.

McGuire, Marie C. "Trends in living environments for the elderly," Proceedings of seminars 1965-1969. Durham: Duke University Council of Aging and Human Development, 1969. Pp. 184-202.

According to McGuire there are several reasons for government interest in planning environments for the aging: accidents, reduction of hospital resources, and their financial investment in housing through HUD. She states that there is presently little housing for individuals who can live in relative but not complete independence. Several HUD programs are described.

Mead, G. H. Mind, self, and society: from the standpoint of a social behaviorist. Chicago: University of Chicago, 1934.

The self, according to Mead, is a social phenomenon. We know ourselves because of the manner in which other persons react to us. In internalizing another person's attitudes toward us, we formulate a concept of ourself. Mead emphasized the role of the environment in forming the character of the organism.

Messer, M. "The possibility of an age-concentrated environment becoming a normative system." Gerontologist, 1967, 7 (4), 247-251.

Messer empirically demonstrates that age composition of the housing environment is a moderator variable influencing interpretation of the "high activity-high morale" and the "disengagement" theories. Samples of 88 age concentrated and 155 mixed-age public housing residents are compared. (Median age = 71.) Normal age concentrated Ss had higher morale when they maintained high levels of social interaction. No significant differences were found among the age concentrated Ss between high interaction and high morale. The association with peers in age concentrated environments serves as a buffer against conflicting role expectations and aides adjustment to old age.

Parsons, Talcott. "Social change and medical organization in the United States: A sociological perspective." Annals of the American Academy of political and social science, 1963, 363, p. 22.

A view of illness or incapacity in relation to social values and norms. Some pertinent points on independence are presented.

Pastalan, Leon A. Privacy as an expression of human territoriality. In: L. A. Pastalan and D. H. Carson (Eds.). Spatial behavior of older people. Ann Arbor, Michigan: University of Michigan Press, 1970. Pp. 89-101.

Pastalan evaluates and reviews several definitions of privacy. He then studies the relationship between the properties of privacy and behavioral states associated with privacy. Environments of the aging are particularly suited to a verifiable inventory of response patterns, suggests Pastalan.

Pastalan, L. A. "Privacy as an expression of human territoriality." Paper presented at the colloquium on Spatial-behavioral relationships as related to older people, Institute of Gerontology, University of Michigan, May, 1968.

Functions of privacy are outlined and discussed. Privacy provides a form of autonomy, and emotional release. It also allows individuals to introspect and take stock of their experiences.

Neugarten, Bernice. The awareness of middle age. In: B. Neugarten (Ed.) Middle age and aging. Chicago: University of Chicago Press, 1968, Pp. 93-98.

Successful middle aged midwesterners were interviewed to determine their feelings toward some psychological issues of aging. The results focus on the following as salient considerations: distance from younger persons, differences between men and women, changing time perspective, and feelings of competence. These middle aged persons are characterized by a sense of command over their lives.

- Pincus, A. "The definition and measurement of the institutional environment in homes for the aged." Gerontologist, 1968, 8 (3), 207-210.

The institutional environment is described as the psychosocial milieu in which residents live. Factors involved include: physical objects and design; rules and programs; and staff behavior. Four dimensions of the institutional environment are listed as pertinent for studying aged residences: 1. freedom to establish and maintain a personal versus a public domain; 2. degree to which residents' lives are structured by rules versus free-choice; 3. degree to which work and leisure activities and a variety of roles are provided for the elderly. 4. degree to which the environment affords chances for interaction with the outside community. The Home for the Aged Description Questionnaire which measures the preceding factors through staff responses is assessed. Further suggestions for research are outlined.

- Pincus, Allen and V. Wood (1970). "Methodological Issues in Measuring the Environment in Institutions for the Aged and its Impact on Residents," Aging and Human Development, 1:2:117-126.

The Home for the Aged Description Questionnaire is revised and developed for administration to the elderly themselves. A previous version had been presented only to staff members. Comparative results are examined.

- Proppe, H. "Housing for retired and aged in Southern California: an architectural commentary." Gerontologist, 1968, 8 (3), 176-179.

Adequate information is not available for an architect or designer to use in planning elderly housing. Target areas needing further research include: lighting, corridors (deemed the trademark of an institution), and color. The authors stress the need for overcoming the "institutional" qualities of design. Interiors are particularly significant because the aged spend a great proportion of their time within a single life space.

- Rogers, C. R. A theory of therapy, personality, and interpersonal relationships, as developed in the client-centered framework. In: S Koch (Ed.) Psychology: a study of a science, 3. New York: McGraw-Hill, 1959, 184-256.

Rogers has proposed a theory of the self. He stresses problems caused by the differences in experiences of the organism and of the "self." His theory is particularly useful in therapy, both of the elderly and of younger individuals.



Rohles, Fredrick H. "Preferences for the thermal environment by the elderly." Human Factors, 1969, 11 (1), 37-41.

Sixty-four men and women (mean age 75) were surveyed to determine their preferences for room temperature. About three-fourths of the Ss judged 76 degrees F as the "most comfortable temperature." Responses ranged from 60 degrees F to 90 degrees F. Results indicate that the majority of elderly in this sample considered the same temperature comfortable as do college-aged respondents.

Rosow, Irving. Housing and local ties of the aged. Patterns of living and housing of middle-aged and older people: Proceedings of Research Conference, Washington, D.C.: United States Department of Health, Education, and Welfare, 1965. Pp. 47-57.

Rosow empirically investigates friendship patterns of middle and working class elderly. His data supports the hypotheses that 1. the number of old people's friends varies with the proportion of older neighbors and 2. regardless of the number, friends consist mostly of older rather than younger neighbors. Five types of elderly were abstracted from the whole sample. These types were assessed according to their attitudes toward friendship and their resultant housing needs. Morale affects these different types uniquely depending on the density of aged in the neighborhood.

Schooler, Kermit K. "The relationship between social interaction and morale of the elderly as a function of environmental characteristics." Gerontologist, 1969, 9, 25-29.

Schooler addresses the question: does the environment make a difference and if so, by what processes? He reports on results of a pilot study of 460 persons aged 65 and older. The interview focused on four main topics: characteristics of the residential environment (including both the home and community); formation and maintenance of social relationships; self-reported physical health; and morale. Factor analysis was run on the results in order to look at multidimensional relationships. When the environmental factor was introduced to the relationship between morale and social interaction, the direction as well as the magnitude of the latter two factors changed. Three illustrative examples of this interactive effect are cited.

Sommer, R. Personal Space. Prentice Hall, 1969.

This is a classic source book of literature on the effects of space on our lives. It also covers three studies which Sommer and his associates have engaged in: homes for the aging, classrooms, and bars.

Sommer, R. Small group ecology in institutions for the elderly. In: L. A. Pastalan and D. H. Carson (Eds.) Spatial behavior of older people. Ann Arbor: University of Michigan, 1970. Pp. 25-39.

Although elderly residents are seldom asked about their preferences they are influenced by spatial arrangements. A case study demonstrates the effect of changes in furniture arrangements in sitting rooms on interaction of elderly women residents. Based on his observations, Sommer believes that the withdrawal of aged is more a product of the institutional environment than of the aging process itself.

Spector, S. The need for housing specially designed for senior citizens. In: D. E. Alleger (Ed.) Social change and aging in the twentieth century: Institute of gerontology series 17. Gainesville: University of Florida Press, 1964. Pp. 45-58.

Housing specifically designed for aged persons provides them with physical as well as mental benefits. The author states that "the length of time an individual spends in an institution is highly related to the speed and extent of his dependency and deterioration in mental acuity." Elements of institutionalization should be avoided; however, certain supportive elements are favored. The article includes a statistical analysis of the housing market and elderly person's housing needs based on 1960 figures.

Tannenbaum, D. E. "Loneliness in the aged." Mental hygiene, 1967, 51, 91-99.

Four needs of the elderly are expressed: love, comprehensible social norms, opportunities for creative activities, maintenance of identity.

Weiss, Alfred D. Sensory functions. In: J. E. Birren (Ed.) Handbook of aging and the individual. Chicago: Chicago University Press, 1959. Pp. 503-542.

A comprehensive review of literature on sensory changes and characteristics of aging. All of the senses are covered. The author indicates methods for research as well as findings.

White, R. W. "Motivation reconsidered: the concept of competence." Psychological Review, 1959, 66 (5), 297-333.

White submits a bit of a theory which is a refinement of motivational theory. This involves the ability of an organism to interact in a competent manner with its environment and is called the Concept of Competence. Individuals reap satisfaction from having an impact on their environment and knowing that they can effect changes in it.

---

COUNCIL OF PLANNING LIBRARIANS Exchange Bibliography #254

THE ENVIRONMENTAL CHALLENGE AND THE AGING INDIVIDUAL

Additional copies available from:

Council of Planning Librarians  
Post Office Box 229  
Monticello, Illinois, 61856

for \$4.00

- - - - -



















UNIVERSITY OF ILLINOIS-URBANA  
018.7114C73E C001  
EXCHANGE BIBLIOGRAPHY, URBANA, ILL  
250-256 1972



3 0112 029109011